

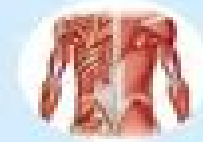
TOP TIPS FOR SAFE LIFTING

DO

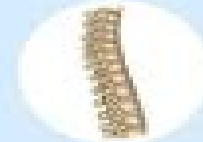
- Assess the load
- Position your feet shoulder-width apart
- Bend your knees and keep your back straight
- Lift with your legs
- Hold the object close to the centre of your body; engage your core muscles by pulling them inward and upwards on exhalation
- Grip with the palms of your hands



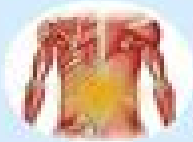
Healthy Back Muscles



Healthy Spine



Back Strain



Herniated Discs



DON'T

- Don't lift it if it's too heavy
- Don't bend your back
- No twisting — feet, knees, and torso should point in the same direction
- Don't lift above your chest level
- Take extra care lifting awkward-shaped objects

Handout For Manual Lifting

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Handout For Manual Lifting:

Guide to Manual Materials Handling A. Mital, 2017-10-19 Manual Materials Handling MMH creates special problems for many different workers worldwide Labourers engaged in jobs which require extensive lifting lowering carrying and pushing pulling of heavy materials have suffered increasing rates of musculo skeletal injury especially to the back This guide is intended to include all activities involved in MMH lifting pushing pulling carrying and holding Recommendations are provided in the form of design data that can be used to design different MMH work activities The guide is divided into two parts Part I outlines the scope of the problem discusses the factors that influence a person s capacity to perform MMH activities and or should be modified to reduce the risk of injuries and reviews the various design approaches to solving the MMH problem Part II provides specific design data in six distinct chapters The seventh chapter of Part II of the guide describes various mechanical devices that are available to aid MMH activities The guide is aimed at all concerned with the health impact of MMH activities occupational health and safety workers senior human resource managers ergonomists workers compensation lawyers union representatives **Pamphlet ,1947 TRADOC PAMPHLET 600-4 IET BASIC TRAINING SOLDERS MANUAL ARMY TESTING SMART January 1994** U.S. Army ,1993-12-31 I scanned the original manual at 1 200 dpi **Technical Manual** United States Department of the Army,1972 **TRADOC PAMPHLET 600-4 IET BASIC TRAINING SOLDERS MANUAL ARMY TESTING SMART January 1996** U.S. Army ,1995-12-31 I scanned the original manual at 1 200 dpi **Department of the Army Pamphlet ,1969 The Health and Safety Trainer's Guidebook** Simon Watson Pain,2022-11-29 The book is designed to help trainers design and deliver health and safety training in a fun and high impact way such that trainees engage with the subject and remember how to apply it in the work environment It will be useful for managers trainers professionals and graduate students in the fields of ergonomics human factors and occupational health and safety The text comprehensively explains the effect of the brain on learning and then develops the training processes from training needs analysis all the way through effective training techniques and ending with competence assurance The unique approach of the book is that Part II provides a range of 30 tried and tested original resource ideas to make health and safety training effective and memorable It will be a valuable text for professionals and graduate students in the fields of ergonomics human factors and occupation health and safety Provides practical and tested solutions to common training problems Covers a resource section showing how to develop interesting and relevant training exercises Focuses on special needs of health and safety training Guides the reader through identifying the training need delivering the training and finally assuring competence Designed to help trainers design and deliver health and safety training in a fun and high impact way *Manual Lifting & Related Fields* John R. Brown, Labour Safety Council of Ontario,1972 Annotated bibliography comprising abstracts of occupational safety materials on the medical surgical physiological and psychological aspects of occupational accidents resulting in back injury and low back pain caused by

handling covers occupational safety in respect of lifting methods the effect of employment accident benefits on days lost and includes diagnosis health service medical examination etc Bibliography references and statistical tables **Quartermaster Corps Manual** United States. Army. Quartermaster Corps,1954 *Monthly Catalog of United States Government Publications* ,1983 *Navy Lifeline* ,1980 Monthly Catalogue, United States Public Documents ,1941 **Oncology Rehabilitation E-Book** Deborah Doherty,Chris Wilson,Lori Boright,2022-07-23 Coverage of physical therapy patient management includes acute care outpatient and multidisciplinary clinical settings along with in depth therapeutic management interventions Content on the continuum of cancer care addresses the primordial primary secondary tertiary and quaternary stages in prevention and treatment Focus on clinicians includes the professional roles responsibilities self care and values of the oncology rehabilitation clinician as an integral member of the cancer care team Information on inseparable contextual factors helps in dealing with administrative infrastructure and support advocacy payment and reimbursement of rehabilitation as well as public policy Evidence Summary and Key Points boxes highlight important information for quick at a glance reference Clinical case studies and review questions enhance your critical thinking skills and help you prepare for board certification specialty practice and or residency Enhanced eBook version included with print purchase allows you to access all of the text figures and references from the book on a variety of devices Resources in the eBook include videos board review questions case studies and a curriculum map to highlight and demonstrate the correlation to the requirements for Oncology Rehabilitation Residency programs and the board certification exam Guidebook approach provides immediate meaningful application for the practicing oncology rehabilitation clinician *Catalog of Copyright Entries. Third Series* Library of Congress. Copyright Office,1979 **A Quick Guide to Health and Safety** R Gilbert,2008-05-20 Health and safety issues now impose upon almost every part of business life The system of enforcement is managed and implemented in the UK by The Health and Safety Executive HSE but at times it can be difficult to know exactly which bits of this elaborate spider s web should be applied in a given instance and which are most important This Quick Guide puts the subject into context providing a rational overview and a valid starting point to applying health and safety in the workplace and offers a concise and readily accessible interpretation of what health and safety legislation means in practice Puts health and safety in to context Provides a rational overview and starting point to applying health and safety in the workplace Offers a concise interpretation of health and safety legislation in practice Federal Aviation Regulations/Aeronautical Information Manual 2013 Federal Aviation Administration,2012-11 All the information you need to operate safely in U S **Storage and materials handling** United States. Department of Defense,1979 Railway Age ,1943-07 Safety Review ,1966 **Lifestyle Management in Health and Social Care** Miranda Thew,Jim McKenna,2009-03-16 Lifestyle Management in Health and Social Care is a one stop handbook for health and social care professionals that assists in the provision of a wide range of professional lifestyle advice treatment or condition specific therapy It is both evidence based and highly practical

Each chapter provides background information on a particular lifestyle factor including fatigue stress relationships and diet. In addition, the book offers suggestions for further reading and step-by-step advice on how to explain and facilitate lifestyle skills with clients. At the end of each chapter and posted on the companion website are information sheets to hand out to clients to further support their understanding and their ability to apply effective strategies and skills for change.

Features

- Companion website with downloadable PDF files of client handouts
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- Multi-professional contributions
- Suggestions for further reading
- Includes motivational interviewing

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